

Full Report (All Nutrients) 11148, Chard, swiss, cooked, boiled, drained, without salt

Report Date:December 04, 2014 07:37 EST

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1.0 cup, chopped 175g |
|----------|------|------------------------|----------------|------------|--------------------------|
|----------|------|------------------------|----------------|------------|--------------------------|

Proximates

| | | | | | |
|-----------------------------|------|-------|----|----|--------|
| Water | g | 92.65 | -- | -- | 162.14 |
| Energy | kcal | 20 | -- | -- | 35 |
| Energy | kJ | 84 | -- | -- | 147 |
| Protein | g | 1.88 | 1 | -- | 3.29 |
| Total lipid (fat) | g | 0.08 | 1 | -- | 0.14 |
| Ash | g | 1.26 | 1 | -- | 2.20 |
| Carbohydrate, by difference | g | 4.13 | -- | -- | 7.23 |
| Fiber, total dietary | g | 2.1 | -- | -- | 3.7 |
| Sugars, total | g | 1.10 | -- | -- | 1.93 |

Minerals

| | | | | | |
|---------------|----|-------|----|----|-------|
| Calcium, Ca | mg | 58 | 1 | -- | 102 |
| Iron, Fe | mg | 2.26 | 1 | -- | 3.95 |
| Magnesium, Mg | mg | 86 | 1 | -- | 150 |
| Phosphorus, P | mg | 33 | 1 | -- | 58 |
| Potassium, K | mg | 549 | 1 | -- | 961 |
| Sodium, Na | mg | 179 | 1 | -- | 313 |
| Zinc, Zn | mg | 0.33 | -- | -- | 0.58 |
| Copper, Cu | mg | 0.163 | -- | -- | 0.285 |
| Manganese, Mn | mg | 0.334 | -- | -- | 0.584 |
| Selenium, Se | µg | 0.9 | -- | -- | 1.6 |

Vitamins

| | | | | | |
|--------------------------------|----|-------|----|----|-------|
| Vitamin C, total ascorbic acid | mg | 18.0 | -- | -- | 31.5 |
| Thiamin | mg | 0.034 | -- | -- | 0.060 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1.0 cup, chopped 175g |
|------------------------------|------|------------------------|----------------|------------|--------------------------|
| Riboflavin | mg | 0.086 | -- | -- | 0.150 |
| Niacin | mg | 0.360 | -- | -- | 0.630 |
| Pantothenic acid | mg | 0.163 | -- | -- | 0.285 |
| Vitamin B-6 | mg | 0.085 | -- | -- | 0.149 |
| Folate, total | µg | 9 | -- | -- | 16 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 9 | -- | -- | 16 |
| Folate, DFE | µg | 9 | -- | -- | 16 |
| Choline, total | mg | 28.7 | -- | -- | 50.2 |
| Betaine | mg | 0.1 | -- | -- | 0.2 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 306 | -- | -- | 536 |
| Retinol | µg | 0 | -- | -- | 0 |
| Carotene, beta | µg | 3652 | -- | -- | 6391 |
| Carotene, alpha | µg | 45 | -- | -- | 79 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 6124 | -- | -- | 10717 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | µg | 11015 | -- | -- | 19276 |
| Vitamin E (alpha-tocopherol) | mg | 1.89 | -- | -- | 3.31 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Vitamin K (phylloquinone) | µg | 327.3 | -- | -- | 572.8 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.012 | -- | -- | 0.021 |
| 4:0 | g | 0.000 | -- | -- | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 |
| 14:0 | g | 0.000 | -- | -- | 0.000 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1.0 cup, chopped 175g |
|------------------------------------|------|------------------------|----------------|------------|--------------------------|
| 16:0 | g | 0.012 | -- | -- | 0.021 |
| 18:0 | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total monounsaturated | g | 0.016 | -- | -- | 0.028 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 18:1 undifferentiated | g | 0.016 | -- | -- | 0.028 |
| 20:1 | g | 0.000 | -- | -- | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.028 | -- | -- | 0.049 |
| 18:2 undifferentiated | g | 0.025 | -- | -- | 0.044 |
| 18:3 undifferentiated | g | 0.003 | -- | -- | 0.005 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Amino Acids | | | | | |
| Tryptophan | g | 0.018 | -- | -- | 0.032 |
| Threonine | g | 0.086 | -- | -- | 0.150 |
| Isoleucine | g | 0.154 | -- | -- | 0.270 |
| Leucine | g | 0.135 | -- | -- | 0.236 |
| Lysine | g | 0.103 | -- | -- | 0.180 |
| Methionine | g | 0.020 | -- | -- | 0.035 |
| Phenylalanine | g | 0.114 | -- | -- | 0.199 |
| Valine | g | 0.114 | -- | -- | 0.199 |
| Arginine | g | 0.122 | -- | -- | 0.213 |
| Histidine | g | 0.038 | -- | -- | 0.066 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)

- B1175 SWISS CHARD
- C0200 LEAF
- E0151 SOLID
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE